



## **CHOCOLATE DRINK**

The Mayans are believed to be the first to discover cocoa as early as 900 AD. Mayan chocolate was very different than the chocolate we know today. It was a liquid made from crushed cocoa beans, chili peppers, and water. (There was no sugar in Central America.) The word 'chocolate' is said to come from the Mayan word 'xocolatl' which means 'bitter water.' Cocoa was highly valued for its healing and medicinal properties. Cocoa beans were so valuable they were kept in locked boxes.

### **Ingredients**

- **350g dark chocolate**
- **1 litre of milk, or more to taste**
- **½ - 1 teaspoon cinnamon**
- **4-8 vanilla essence**

**Equipment:** glass/metal bowl to fit a deep saucepan/ double boiler, measuring spoons, measuring jug, wooden spoon, saucepan, ballon whisk

### **Method**

- 1. Break up the chocolate into a bowl. Measure the milk and pour onto the chocolate.**
- 2. Add the cinnamon and vanilla essence.**
- 3. Pour water to fill a third of the saucepan and heat gently. Place the bowl of chocolate and milk on the saucepan, making sure the bowl doesn't touch the water.**
- 4. Gently heat until the chocolate melts. Transfer to a saucepan, bring to the boil and whisk for 2-3 minutes which gives a thicker mixture. You may want to add more cinnamon, vanilla or milk according to taste.**
- 5. Remove from the heat and carry on whisking until you have a good layer of foam. The chocolate can be drunk hot or cold.**

Adapted from a recipe by Michelle Berridale